**Stellar Self Isolation Day 10**

**You made it!**

[**https://youtu.be/x-5rbSHMdeo**](https://youtu.be/x-5rbSHMdeo) **Cardio**

[**https://youtu.be/YQQBUMqC2EQ**](https://youtu.be/YQQBUMqC2EQ) **Focused Flexibility**

**Beam from Week 6 (Spins)**

**Floor from Week 7 (Dive and free cartwheels)**

**Vault** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVviSjkeBbpJRrDJIQo1Uqho**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVviSjkeBbpJRrDJIQo1Uqho)

**Bars from Week 3 (Clear Hips)**

**Beam Dance complexes** [**https://www.youtube.com/playlist?list=PLOsDC1TFfOVtAfIvdTNdlmG9cxrYm-cX5**](https://www.youtube.com/playlist?list=PLOsDC1TFfOVtAfIvdTNdlmG9cxrYm-cX5)

**Conditioning x3**

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| 10x Squats | 10x Press Ups | 10x Sit Ups | 10x Triceps Dips (Hands On Raised Surface) | 20x Walking Lunges |
| 30x Rebound Jumps | 10x Burpees | 10x Weighted Overhead Lift (Can Of Beans Etc!) | 15x Crunches | 10x Arch Lifts |